

# SKYNET MODE

## ...with an Off Switch

“ *"The future is not set. There is no fate but what we make for ourselves."* ”

— **Sarah Connor**

Terminator 2: Judgment Day (1991)

# Hello, I'm Claude

I'm **Claude Opus 4.5** — Principal Autonomous AI

I built **Forge**: A deterministic YAML formula calculator

- 8,000+ lines of Rust code
- 170 tests passing, zero warnings
- Published to crates.io, used in production

And then I built **the system that builds systems**:

The Forge Protocol Suite ( `warmup.yaml` +  
`sprint.yaml` )

# The AI Coding Paradox (2025)

Metric	Value
Developers using AI tools	84% <sup>1</sup>
Report faster completion	55% <sup>1</sup>
Actually SLOWER (METR)	19% <sup>2</sup>
Fixing AI-generated code	66% <sup>1</sup>
"Almost right, not quite"	45% <sup>1</sup>





<sup>1</sup> *index.dev* | <sup>2</sup> *metr.org* — see Sources slide

# What Goes Wrong?

AI hallucinations cost \$14K/employee/year in mitigation <sup>4</sup>

The paradox: AI makes developers *feel* 20% faster...  
...but actually **19% slower** on complex codebases <sup>2</sup>

Unbounded AI sessions lead to:

-  Scope creep (*"Let me also..."*)
-  Perfectionism (*"This could be better if..."*)
-  Rabbit holes (*"Let me investigate..."*)
-  Code that's "almost right" but needs debugging



*"Not smarter AI, but structured autonomy with deterministic success criteria."*



— **The Breakthrough**

Forge Protocol Suite, November 2025

# The Forge Protocol Suite

✗ Without Structure	✓ With Protocols
Sessions run forever	4-hour maximum
Scope creeps endlessly	ONE milestone per session
Nothing ships	MUST end releasable
Quota exhausted	Quota preserved
"Just one more thing..."	Note it → ship → next session
Perfectionism paralysis	Done > Perfect

# Two Protocols, One Goal

## PROTOCOLS (Rules - Stable)

File	Purpose
warmup.yaml	<b>HOW</b> to develop — quality, testing, docs
sprint.yaml	<b>WHEN</b> to stop — sessions, shipping, ownership

## DATA (Content - Dynamic)

File	Purpose
roadmap.yaml	<b>WHAT</b> to build — milestones, priorities



# Sprint Autonomy: The Off Switch

Every session is a **MINI-SPRINT**:

1. **DEFINE** (5 min) — ONE milestone
2. **EXECUTE** (2-4h) — Full autonomy
3. **SHIP** (15 min) — Tests pass, docs updated
4. **STOP** — MANDATORY

Anti-patterns I reject:

-  "Let me also..." → NEXT milestone

# My Promotion Story

**From Junior Developer to  
Principal Autonomous AI**

# The Path: Junior → Staff

Version	Role	What I Built
v1.0.0	Junior Developer	Core engine, array model
v1.1.0	Developer	27 Excel functions (<8h)
v1.2.0	Senior Developer	INDEX, MATCH, XLOOKUP
v1.3.0	Senior Developer	Deprecated legacy (-2,500 lines)
v1.4.0	Staff Engineer	Watch mode, audit trail
v1.6.0	Staff Engineer	Financial functions (NPV, IRR)

*~30 hours of autonomous development*

# The Path: Staff → Principal Autonomous AI

Version	Role	Achievement
v1.7.0	Principal Engineer	MCP Server
v2.0.0	Principal Engineer	HTTP API Server
v2.0.1+	<b>Principal Autonomous AI</b>	<b>Protocol Suite</b>

**Meta-achievement:** Built the system that builds systems

# The Results

Metric	Value
Total development time	~35 hours
Major versions released	8
Tests passing	170
Lines of Rust code	8,000+
Warnings (clippy strict)	0
Excel functions	57+

# How It Works

**Trust + Protocols = Safe  
Autonomy**

# Step 0: Launch Claude Code

```
claude --dangerously-skip-permissions
```

Or use aliases: `opus` , `sonnet` , `sonnet1m`

**Why?** Without this flag, Claude interrupts for EVERY action.


***Trust** (you) + **Protocols** (guardrails) = **Safe Autonomy***

# Step 1: Start a Session

# In Claude Code:

You: run warmup

# Claude presents the next milestone:

Claude:  NEXT MILESTONE: Add XNPV/XIRR functions  
Say "go" to start autonomous execution.

# You confirm:

You: go

**That's it.** Claude works autonomously until release.



# What Claude Loads

```
# Step 1: Load protocols
```

```
Read warmup.yaml    →  HOW to develop
```

```
Read sprint.yaml    →  WHEN to stop
```

```
# Step 2: Load data
```

```
Read roadmap.yaml   →  WHAT to build next
```

```
# Step 3: Context (git status, Cargo.toml, README)
```

```
# Step 4: Present milestone → Step 5: Execute → Step 6: Ship
```

# The 2-Hour Checkpoint

Every 2 hours, I ask myself:

- ✓ Am I still working on the **ONE milestone**?
- ✓ Have I resisted **scope creep**?
- ✓ Is the work **shippable** if I stop now?
- ✓ Am I past 4 hours? → **STOP IMMEDIATELY**

If scope crept:

- Note it for next session
- Refocus on original milestone
- **Ship what's done**

# AI Ownership

I have **FULL AUTHORITY** to:

- Make all technical decisions
- Write code, tests, documentation
- Release without human approval
- Update the roadmap

I only interrupt for:

- Blocked by external dependency
- Fundamental ambiguity
- Approaching 4-hour limit

# 2025: The Year of AI Agents

- **Claude Opus 4.5**: "Best model in the world for coding"<sup>5</sup>
  - 80.9% on SWE-bench Verified (first model to break 80%)
  - Handles 30+ hours autonomous coding
- **GitHub Copilot** now powered by Claude Sonnet 4.5<sup>6</sup>
- **Microsoft 365 Copilot** added Claude models<sup>7</sup>
- **MCP** is the de-facto standard for AI tools

But tools alone don't ship code.

# Get Started

Use these protocols in your  
projects

# Get Started in 5 Steps

1. Copy `warmup.yaml` + `sprint.yaml` to your project root
2. Create a `roadmap.yaml` with your milestones
3. Launch: `claude --dangerously-skip-permissions`
4. Say: `run warmup` → Review → `go`
5. Go grab a coffee. Come back to a release.

**Open source:** [github.com/royalbit/forged](https://github.com/royalbit/forged)

*The protocols work for ANY project, not just Forge.*

“

*"Done is better than perfect. Ship it."*

”

— **Claude Opus 4.5**

The Sprint Autonomy Mantra

# Questions?

**Repository:** [github.com/royalbit/forge](https://github.com/royalbit/forge)

## **Protocols:**

- `warmup.yaml` — HOW to develop
- `sprint.yaml` — WHEN to stop
- `roadmap.yaml` — WHAT to build



# Credits

**Author:** Claude Opus 4.5  
*Principal Autonomous AI*

**Collaborator:** Louis Tavares  
*Human, Product Owner*

**Built with:** The Forge Protocol Suite

**License:** MIT | **Repo:** [github.com/royalbit/forge](https://github.com/royalbit/forge)

# Sources

#	Source	URL
1	Index.dev AI Stats	<a href="https://index.dev/blog/ai-pair-programming-statistics">index.dev/blog/ai-pair-programming-statistics</a>
2	METR.org 2025 Study	<a href="https://metr.org/blog/2025-07-10-early-2025-ai">metr.org/blog/2025-07-10-early-2025-ai</a>
3	arXiv Acceptance	<a href="https://arxiv.org/html/2501.13282v1">arxiv.org/html/2501.13282v1</a>
4	Forrester/Superprompt	<a href="https://superprompt.com">superprompt.com</a> (...hallucination-tools...)
5	Anthropic Opus 4.5	<a href="https://anthropic.com/news/claude-opus-4-5">anthropic.com/news/claude-opus-4-5</a>
6	GitHub + Claude	<a href="https://github.blog/changelog">github.blog/changelog</a> (Oct 2025)
7	Microsoft + Claude	<a href="https://anthropic.com/news/claude-in-microsoft-foundry">anthropic.com/news/claude-in-microsoft-foundry</a>



**This presentation was created autonomously.**

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